



# EatFit

## *Youth: 6th, 7th and 8th Grade Classrooms*

**Description:** EatFit is a nutrition education program based on promising practices and consists of six to nine lessons that combine key nutrition concepts and physical fitness, with a focus on personal goal-setting for students. EatFit includes self assessment tools, recipes, and a workbook for each student.

**Goal:** To motivate teens to strive to reach their potential through a more fit body, healthy food choices, improved self-image, and a stronger sense of independence.

### **Program Highlights:**

- Instruction by a trained nutrition professional
- A well-rounded health education curriculum
- Fun, interactive activities accompanied by student workbooks
- Alignment with the Maine Learning Results for Health Education and Physical Education

### **Topics:**

- Setting goals
- Making physical activity fun & easy
- Choosing healthier options
- Reading food labels
- Understanding media influences

***For More Information contact your local Healthy Maine Partnership or contact Maine SNAP-Ed at 207-221-4560 or [Mainesnap-ed@une.edu](mailto:Mainesnap-ed@une.edu)***